Prep Time	25 minutes
Cook Time	12–16 minutes (in batches)
Total Time	Approximately 45 minutes
Yield	12 egg rolls
Intensity	Easy–Medium (Simple filling, but rolling requires a light touch)
Equipment	Air fryer (3.5 qt or larger recommended)

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For the Filling

- 1 lb ground pork (or ground chicken or turkey)

- 1 tablespoon neutral oil (vegetable or canola)
- 3 cups green cabbage, finely shredded
- 1 cup carrots, julienned or grated
- 3 green onions, thinly sliced (whites and greens separated)
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil
- 1 teaspoon granulated sugar
- ½ teaspoon white pepper (or black pepper)
- ½ teaspoon kosher salt

For the Egg Rolls

- 12 egg roll wrappers (roughly 6-inch squares)
- 1 small bowl of water (for sealing)
- 1 tablespoon cornstarch mixed with 2 tablespoons water (slurry, for sealing)
- Neutral oil spray (avocado, canola, or vegetable)

For Serving (Optional)

- Soy sauce, sweet chili sauce, or duck sauce
- Sliced green onions
- Sesame seeds

Instructions

Step 1: Prepare the Filling (10 minutes | Medium Intensity)

Heat 1 tablespoon of neutral oil in a large skillet or wok over medium-high heat. Add the

ground pork and cook, breaking it apart with a spatula, for 4–5 minutes until browned and no longer pink. Add the minced garlic, grated ginger, and the white parts of the green onions. Sauté for 30–45 seconds until fragrant—be careful not to burn the garlic.

Add the shredded cabbage and carrots. Stir-fry for 3–4 minutes until the vegetables soften slightly but retain some crunch. Pour in the soy sauce, oyster sauce, sesame oil, sugar, white pepper, and salt. Stir to combine and cook for another 1–2 minutes until the liquid is mostly absorbed. Taste and adjust seasoning.

Critical Step: Transfer the filling to a shallow bowl or baking sheet and spread it out to cool completely. Hot filling will steam the wrappers and make them soggy and prone to tearing. Let it cool for at least 10–15 minutes. Stir in the green onion tops just before rolling.

Step 2: Roll the Egg Rolls (15 minutes | Medium Intensity)

Lay one egg roll wrapper on a clean, dry surface in a diamond orientation (one corner pointing toward you). Spoon about 2–3 tablespoons of filling onto the lower third of the wrapper, being careful not to overfill.

Fold the bottom corner up over the filling and tuck it snugly. Fold in the left and right corners toward the center. Dip your finger in the cornstarch slurry or water and moisten the top corner. Roll the wrapper upward tightly, pressing gently to seal. Repeat with the remaining wrappers and filling. Keep finished rolls covered with a damp paper towel to prevent drying out while you work.

Step 3: Preheat the Air Fryer (3 minutes | Easy)

Preheat your air fryer to 375°F (190°C) for 3 minutes. Preheating is essential for achieving an even, crispy exterior.

Step 4: Air Fry the Egg Rolls (12–16 minutes | Medium Intensity)

Lightly spray the air fryer basket with neutral oil. Arrange the egg rolls in a single layer, leaving space between each one—do not overcrowd. Depending on the size of your air fryer,

you will likely need to cook in 2 batches. Spray the tops of the egg rolls lightly with oil spray.

Air fry at 375°F (190°C) for 6–8 minutes, then flip them carefully with tongs and spray the other side. Continue cooking for another 6–8 minutes until golden brown and crispy. Total cook time is 12–16 minutes, but watch closely during the final minutes as air fryers vary in intensity.

Step 5: Rest and Serve (2 minutes | Easy)

Remove the egg rolls from the air fryer and let them rest on a wire rack for 2–3 minutes. This allows the interior to settle and prevents burning your mouth on the hot filling. Serve immediately with your favorite dipping sauces.

Serving & Storage

- Serve: Arrange on a platter with soy sauce, sweet chili sauce, or duck sauce for dipping. Garnish with sliced green onions and sesame seeds.

- Storage: Store leftover egg rolls in an airtight container in the refrigerator for up to 3 days. To reheat, air fry at 350°F (175°C) for 4–5 minutes to restore crispness. Avoid the microwave, which will make them soggy.

- Freezing: Freeze uncooked egg rolls on a baking sheet until solid, then transfer to a freezer bag for up to 2 months. Cook from frozen at 375°F (190°C) for 18–20 minutes, flipping halfway.

Nutrition Information (Estimated)

Note: Nutritional values are estimates per egg roll (1 of 12) and will vary based on the specific ingredients and brands used. This recipe uses ground pork; substituting ground chicken or turkey will reduce fat and calories.

Nutrient	Amount per Serving (1 egg roll)
Calories	~145 kcal
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	22 mg
Sodium	380 mg
Total Carbohydrates	15 g
Dietary Fiber	1 g
Total Sugars	1 g
Protein	8 g